

September, 2021

I was just thinking the other day of an account that I saw a few years ago, an account from somebody who was also hearing intrusive voices just like I do. I've seen many similar accounts since it all began for me, back in 2015. There was something about this one - something that this individual heard one of the voices say - that stuck in my memory. I'm not sure of all the details about this individual's situation. I'm not sure if they started hearing the voices in a similar way to me - that is, after trying to talk to spirits. (In my case, I was communicating with voices that I was hearing on recordings, when I spent the winter months of 2015 doing EVP sessions, practically every night.) What I do remember about this account was that the individual heard one of the voices say: "we are masters of psychological warfare." When I saw that statement right there, it jumped out at me and grabbed my attention. For one, I can personally confirm the truth of it. But for another reason, I had already been referring to the voices by this exact phrase for a while. I would often think to myself, or say to another person who was also hearing voices: "if nothing else, these voices/entities are masterful when it comes to psychological mind games." I still hold this to be a correct statement today.

When I first started hearing the intrusive and negative voices outside of my EVP recordings in the late winter of 2015, I was completely unprepared for what I was about to get hit with. Prior to this, I had never heard voices in my life. So it was a new and terrifying experience for me, especially because it seemed like the primary motive of these voices was to torment the hell out of me. I've mentioned before in my previous journals how I went for weeks without being able to eat hardly anything. And I was only getting a few hours of sleep at night. On a physical level as well as a mental level, I wasn't prepared for the onslaught. I'm not sure if there's really any way one could be prepared. But then there's another aspect to it. I also wasn't prepared for the psychological aspect, in the sense that these voices were extremely clever, in a devious way, about messing with my head. So I was affected greatly just by the fact that I was hearing them; but also I was affected, at that time, by the content that I heard from them, by what they were saying to me. I won't rehash everything here, because there's so much, and I know I've written extensively about it in previous journals. But let me just say that they really knew how to get inside my mind and wreak havoc.

One of the first things that had a big impact on me was a sense of violation: a sense of my privacy being completely lost; my sense of personal sovereignty being violated in a most extreme way. There was nowhere that I could go to escape these voices. They followed me everywhere. There was no sanctuary within my own thoughts, my own mind. I observed early on, even back when I was recording, that these entities (or at least some of them) seemed to be able to pick up on my thoughts. In the spring of 2015, once the voices came out of the recordings to attack me, some of them - especially the female-sounding voice that I still hear to this day, the one remaining voice - seemed to go out of their way to let me know that they were tuned into my thoughts; that they could hear everything; that they had some kind of telepathic wire tapped into my thought stream. I remember that I would often hear the female-sounding voice repeating statements back to me - statements that I had just thought to myself without saying anything out loud. (To reiterate, I would just think them, and she would repeat them back

to me.) Other times, I remember her saying things like "what the hell are you thinking?" It's hard for me even to describe with words the sense of intrusion, of violation. It felt like there was no sanctuary from these voices; that they could intrude anywhere, especially into my mind.

I confess that, prior to all of this, I had never really paid much attention to the way in which I thought, or the process of my own thinking, in any kind of detail. I had thoughts; they went through my mind, and that was that. But experiencing this violation of my mind really made me self-conscious and aware of my own process of thinking. And I realized how difficult it is sometimes to control your own thoughts. When I heard this female voice making comments about things that I was thinking about, I would try to force myself to shut down my thoughts, or only think of positive things. But this is easier said than done. In many cases, I had no real handle on my thoughts while all this was going on. If anything - if I tried to force myself not to think, or not to think about something in particular - it seemed like my own mind would betray me.

Thoughts can happen fast: it's like water leaking out of a broken pipe; you can try to plug it up with whatever you can find lying around, but it's not easy sometimes. So I was very distressed by this, very troubled trying to control my own process of thinking. I'm still troubled by this aspect of my overall attachment situation to this day. But it's not as bad for me as it was back in the beginning. Basically overtime, I just threw my hands up in frustration and took a kind of 'who cares' type of attitude. "Who cares if these voices are listening in? I don't give a shit! So I'm thinking about something strange or crazy - whatever, who cares? They are strange and crazy too, so what does it matter?" Basically I grew quite desensitized to this sense of violation, and I managed to just not let it get to me as much. It's not a perfect situation, but I can cope with it a lot better these days than when I was coping with it back then.

But aside from this sense of violation inside my mind, these voices were also messing with my head in other ways: with the things that they were saying; with these elaborate storylines that they were concocting. These voices - when they sometimes tell you some things; when they tell you stories that make some claim - they can sound so damn convincing. They can add such details, such elaborations, that sound so convincing - just in the way that they say it, in the way that they sound - that, yes, sometimes they can really get 'inside your head' and cause a lot of problems. In other words, they are masters of psychological warfare, just like this other individual heard one of the voices say.

I guess what grabbed my attention when I read that quote, in that particular account, was that it was something that I'd already supposed; and here was a voice just coming out and blatantly admitting it. Yes, it was very much an accurate statement. I do believe that these voices/entities focus a lot on the psychological end of things.

Sometimes they have many other abilities. For example, as I've written many times in my journals, there's a physical component to my situation. I can, at times, feel the presence of these entities, (or this entity I should say, as I seem to be dealing with just one of them, these days), in a very direct, physical way. I can feel physical sensations on my body, and I can feel the

presence on my body moving around. Usually these bodily sensations occur at night when I'm laying in bed, but sometimes they can happen at other times, as well. I have visual incidents every once in a while. I experience dream intrusions every now and again. I've experienced a bit of poltergeist activity where these entities were able to move physical objects. I've heard of incidents in which they've manipulated electronic devices. (And there was the time that they made a particular text on my phone, from my text history, keep repeating over and over. In that case, it happened to be a text from someone who, at one point, was picking me up; and it said, "we are here." So yes, I've seen them manipulate electronic devices like this in the past.) They can have many cards up their sleeve, so to speak; many tricks in their bags of tricks. But I think that they do put a lot of effort into, and put a lot of focus on, psychological forms of torment or manipulation. And in general, they have used psychological warfare - I would certainly say in my case - as their primary focus.

When these entities first hit me full force, and I was being bombarded around the clock by the voices at an intense degree; they seemed very powerful to me. And I observed that they liked to convey this. They seemed to deliberately convey to me that they were very powerful. Over time, however, I learned two ways in which they were not very powerful, at least not as powerful as they led on to be. And so I learned not only to observe their strengths, but also to observe their weaknesses; to observe the things that they can't do. And I believe that this helped me a great deal. I've often felt that, while in many cases, they're not anywhere near as powerful as they want their victim or their target to believe, they still can be quite clever with the things that they can do. And certainly, I feel that they can be very manipulative and very crafty when it comes to psychological mind games.

As I said, there's simply too much for me to list out; every single mind game and storyline that I've heard from these voices since the beginning. But let me just say that I've heard a lot. I've heard storyline after storyline, and often the stories tend to contradict each other. This was a contributing factor into how I eventually learned to overcome them to a large degree. It was like these voices were compulsive liars, compulsive manipulators. It seemed almost impossible for them to stick to the same story; they just kept changing it. I've often thought to myself: if they'd just stuck to one story the whole time - one claim about who they are, or why they're here, why they're doing this - if they'd just done that, I might still believe them to this day. But they didn't do that. No, they kept switching their stories around. And it became clear to me that the claim of one particular story couldn't be true if the claim they made just yesterday completely contradicted it.

It became quite obvious, early on, that they weren't being straight with me. Yes, it didn't take long for me to become very suspicious of what I was hearing from them. But unfortunately, their self-contradicting stories still had an impact on me for quite a while. I've often described this as being the case because, at that time - even if I couldn't believe the entities/voices; even if I knew them to be liars - there were still so many unknown factors about the claims, themselves, that I would still find myself thinking, "well, what if the statement's true? What if this is partially true? What if it's possible?" So it wasn't really that I was trusting them, but I was definitely thinking about what they said, and this was a bad thing for me. Over time, however, I became much

better at dismissing whatever I heard right from the start. I didn't give it any meaning or importance. Right from the time I heard it, I took everything I heard from these entities/voices with a grain of salt and regarded pretty much everything they said as a lie. And as I said, they pretty much caused this themselves because they couldn't stick to the same story.

Another thing that helped me greatly with this was to step outside of the situation, in a sense, and try to analyze what I was hearing - the particular storyline, statement or claim - and try to discover the angle behind it (why they were saying a particular thing, and what they were hoping to achieve with it). Basically, I began thinking like one engaged in psychological warfare or psychological manipulation. I began to see through their mind games, to see what their goal was. I would analyze the statements themselves to see what they were after, what their angle was. I think I became pretty good at doing this over time. And yes, it did help me enormously. As I said, I'm still hearing one of these voices to this day, and I still have my share of problems with that. But I'm no longer greatly impacted by the things I hear these voices say to me. Every once in a while, I might still ponder about something I hear, every now and again. But it's nothing like how it was when I was deeply troubled and distressed by it, back in 2015.

So, to sum it up: basically, I learned not to give any meaning to the statements from these voices right from the start; just take it all with a grain of salt; and then to see the angle, the motive behind their storylines; to see what they were after with it, and deprive them of their goal. This approach did help me tremendously. As I have often said, when it comes to this kind of situation, I'm not really sure that there's one particular best approach with how to deal with it. But I also believe that if people who've experienced it share their stories, share their experiences, share the things that have helped them; well, then maybe it might be of some benefit to people having similar experiences. This particular approach might not be the best approach for everyone, but it helped me. So I'm putting it out there in the hopes that I can help somebody, someday, going through a similar situation.

Another important thing to remember, if you're experiencing something like this, is that you're not alone. No matter how much the voices might try and make you feel like you're alone, like you're being singled out for special punishment - that's all bullshit. These voices certainly do try to single out and isolate, and they know how to make it seem very personal, as if you deserved it. But again, it's all bullshit. They've done this to many people throughout the centuries. You're not alone. Try and remember that.